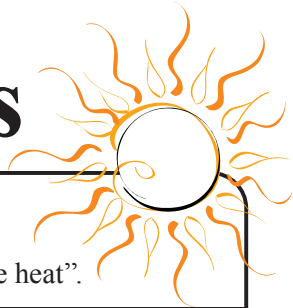# Heat Safety Tips

Summertime is usually hot months, but the heat can turn dangerous when it reaches 100° during the day and stays above 80° at night. When this happens, we have "extreme heat".

Follow these steps to stay safe and healthy when it's hot:

- Stay indoors and out of the sun during the day.
- Fans alone won't protect you from extreme heat– use your air conditioner and keep it well maintained.
- If your indoor temperature remains above 90 degrees, seek shelter in an air-conditioned building.

- Drink plenty of water, and eat lighter meals.
- Avoid alcoholic or caffeinated drinks.
- Be aware—your prescription medication may affect your heat tolerance. Check with your doctor.

- Wear light colored and loose-fitting clothing, and a hat with a wide brim when outside.
- Take frequent cool showers or baths.

During times of extreme heat, help others stay safe too!

- Check on your neighbors, especially elderly people who live alone.

- Bring pets indoors where the air conditioning is on.

- Get immediate medical help for anyone with these heat-related symptoms:
  - Profuse sweating and muscle cramping
  - Body temperature of 105°, with hot and dry skin
  - Confusion or unconsciousness